



## National Cancer Survivors Day – June 5, 2005

The 18<sup>th</sup> annual National Cancer Survivors Day is Sunday, June 5, 2005. National Cancer Survivors Day is an annual worldwide Celebration of Life in which participants unite in a symbolic event to show the world that life after a cancer diagnosis can be a reality.

### Who is a Cancer Survivor?

According to the Centers for Disease Control and Prevention, the term “cancer survivor” refers to those people who have been diagnosed with cancer and the people in their lives who are affected by the diagnosis, including family members, friends, and caregivers.

### Increases in Cancer Survivorship are Due to:

- Advances in cancer detection and early diagnosis
- More aggressive and effective treatments
- Enhanced rehabilitative and support interventions
- Active screening and healthier lifestyles by survivors and those at risk

### A National Action Plan for Cancer Survivorship: Advancing Public Health Strategies

The Centers for Disease Control and Prevention collaborated with the Lance Armstrong Foundation and key partners, including numerous not-for-profit organizations, advocates, survivors, and researchers, to identify and prioritize cancer survivorship needs. Through this partnership, *A National Action Plan for Cancer Survivorship: Advancing Public Health Strategies* was developed.

Implementation of the *National Action Plan* will increase awareness and stimulate action to improve the overall experience and quality of life for the millions of Americans who are with, through, or beyond cancer.



### STATISTICS\*

- It is estimated that there are 420,341 cancer survivors in Michigan as of December 31, 2002.
- As of January 1, 2002, it is estimated that there are 10.1 million cancer survivors in the U.S. This represents approximately 3.4% of the population.
- 61% of cancer survivors are currently over the age of 65.
- Female breast (22%), prostate (18%), colorectal (10%), and gynecological (10%) are the most common cancer sites among cancer survivors.
- Approximately 14% of the 10.1 million cancer survivors were diagnosed over 20 years ago.
- The current average age of male and female cancer survivors are 69 and 64 respectively.

\*National Cancer Institute

### RESOURCES

American Cancer Society – Cancer Survivors Network  
[www.cancer.org](http://www.cancer.org)

Centers for Disease Control and Prevention – Cancer Survivorship  
[www.cdc.gov/cancer/survivorship](http://www.cdc.gov/cancer/survivorship)

Lance Armstrong Foundation  
[www.laf.org](http://www.laf.org)

National Cancer Institute - Office of Cancer Survivorship  
<http://survivorship.cancer.gov>

National Cancer Survivors Day Foundation  
[www.ncsdf.org](http://www.ncsdf.org)

The National Coalition for Cancer Survivorship  
[www.canceradvocacy.org](http://www.canceradvocacy.org)

CANCER SURVIVORS



The American Cancer Society offers a range of practical and emotional services for cancer patients, their families, their caregivers, and their communities from the time of diagnosis throughout life. Listed below are some of the services available through the American Cancer Society. For more information, please contact [www.cancer.org](http://www.cancer.org) or 1-800-ACS-2345.

<b>Cancer Survivors Network<sup>SM</sup></b>	Created by and for cancer survivors and their families, this “virtual” community offers unique opportunities and accessibility to survivors, caregivers, and all those touched by cancer. It is a welcoming, safe place for people to find hope and inspiration from others who have “been there.” Services include radio talk show conversations and interviews, individual stories, personal Web pages, discussion forums, and Expression Gallery.
<b>I Can Cope<sup>®</sup></b>	Adult cancer patients and their loved ones learn ways to navigate their cancer experience while building their knowledge, coping skills, and positive attitudes. In this series of educational classes, doctors and other health care professionals provide information, encouragement, and practical tips in a supportive environment.
<b>Hope Lodge<sup>®</sup></b>	This home-like environment provides free, temporary sleeping accommodations for cancer patients undergoing treatment and their family members. It makes the cancer treatment process a little easier by providing a supportive environment and lifting the financial burden of an extended stay.
<b>“tlc” Tender Loving Care<sup>®</sup></b>	A magazine and catalog in one, “tlc” supports women dealing with hair loss and other physical effects of cancer treatment. The magalog offers a wide variety of affordable products, such as wigs, hats, and prostheses, through the privacy and convenience of mail order.
<b>Look Good...Feel Better<sup>®</sup></b>	Through this free service, women in active cancer treatment learn techniques to restore their self-image and cope with appearance-related side effects. Certified beauty professionals provide tips on makeup, skin care, nail care, and head coverings. This program is a partnership among the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Association Foundation and the National Cosmetology Association.
<b>Road to Recovery<sup>SM</sup></b>	This service assists cancer patients and their families with transportation to and from treatment facilities. Volunteer drivers donate their time and resources to take patients to appointments and to return them to their homes.
<b>Reach to Recovery<sup>®</sup></b>	Breast cancer survivors provide one-on-one support and information to help individuals cope with breast cancer. Specially trained survivors serve as volunteers, responding in person or by phone to the concerns of people facing breast cancer diagnosis, treatment, recurrence, or recovery.
<b>Man to Man<sup>®</sup></b>	This comfortable, community-based setting for discussion and education provides men facing prostate cancer with support individually or in groups. Man to Man also offers men the opportunity to educate their communities about prostate cancer.